



Summer Hill Farms Monthly Newsletter -- November 2019

Summer Hill Farms is excited to welcome Christine Povar to the team! Christine will be heading up our new Client Relations Department.



Hello Summer Hill!!! I am so excited to be joining the farm in a new capacity. Prior to moving to Texas, my family has been a part of many riding programs across several states. My daughters began riding with Laura and Jordan 2 years ago. They enjoyed going to shows and participating on the IEA team. We had such a great experience, I decided to pick up competitive riding again! My horse, Dani, and I have found much joy, learning, and success riding at SHF.

I look forward to being a resource for all of the SHF clients and their families. I bring many years of experience as a rider, a client in other hunter/jumper programs, a show parent, and now, a show client. Please know that I am dedicated to making the barn and horse shows a rewarding experience for our all our clients....the two AND four legged kind!

## Summer Hill Farms Up Coming Events

Oct 30-Nov 17 Fall Series "A"  
Show- Katy, TX

Nov 11-17 USHJA National  
Championships-Las Vegas

Nov 23-IEA Show-Hidden Lakes

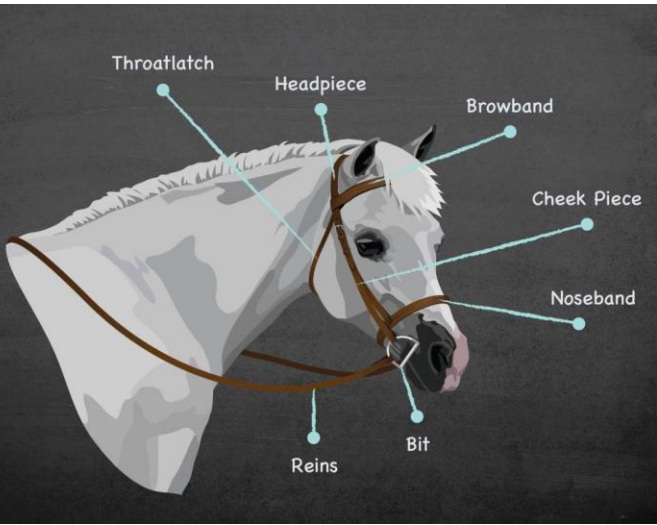
Dec 7-8-IEA Show-Tyler, TX

Jan 11-12-IEA Show-Stoney  
Glen

## Did You Know?

Regular dental exams are necessary to keep your horse healthy and comfortable. Horses have hypsodont teeth, meaning they are continuously erupting. The adult teeth in a young horse are very large (approximately three to four inches long) but are buried in the skull and erupt through the gumline throughout the horse's life. This allows the horse to continue to graze despite the natural wearing down of the teeth by hay and feed. Because their teeth are constantly erupting and the wear on each tooth is not the same, horses regularly develop sharp points and other painful abnormalities (called a malocclusion) on their teeth. The veterinarian can file down these sharp edges to keep the horse pain free, eating normally, and allows the horse's jaw to move freely as he works.

# Tack Tidbits



The main purpose of the **throatlatch** is to prevent the bridle from coming off the horse. It's the seat belt of the bridle, there for our safety. The **throatlatch** should be loose enough for you to fit four fingers between it and the horse's throat when pulled back. It allows the pony to flex his neck without it binding at the throat.

## Athlete Spotlight

Addison Childs is Sailor's human. She is a 7<sup>th</sup> grade student who wishes she has the power to fly (when you see her and Sailor, it seems like she already does). Although Addison now jumps around courses at home and at shows with Sailor, her first riding lesson was dressage at the age of five. Addison's favorite memory with SHF is the day she met and rode Sailor for the first time. Future plans for this athlete include going to college and continuing to ride on a collegiate equestrian team.

When Addison is not at the barn, she loves to spend time with her pets and family: 1 sister, Mom and Dad, 2 rescue dogs (Scout and Ellie), a bearded dragon (Pepper), and 2 fish (Pumpkin and Spice). She enjoys the movie Secretariat and Blue Bell Ice cream Cookie Two Step, but don't expect to see her wearing orange!

Addi has been a part of the SHF family for 3 ½ years. She always has a smile and is such a hard worker! When you see her around the barn, ask her about the first horse she ever rode!



## Stretch of the Month

### Ankle Over Knee

Stretches glutes and opens hips

- Cross your left foot over your right quad, and bend your right knee.
- Hold the back of your right leg and gently pull it toward your chest.
- When you feel a comfortable stretch, hold there.
- Switch sides and repeat.



## Swap Corner

If you have any items for riders or horses that you would like to list for sale, please contact Christine at 318-455-7455 or [christine.povar@gmail.com](mailto:christine.povar@gmail.com)

Just a few...

# HORSE SHOW HIGHLIGHTS



Ella & Vinnie  
Champions at  
Brownland AND  
Kentucky National  
Horse Show!



Now that's a barn family!  
Always cheering for our  
friends!



Jen & Muffin  
1<sup>st</sup> at Kentucky National  
Horse Show



Maya & Peter  
Bring home the blue!



Josie & Q  
Killin' it every time!!!!  
Brownland and  
Kentucky!!!



Jen & Muffin  
1<sup>st</sup> Time at  
Capitol Challenge  
was a huge  
success!



Riders getting  
ready to  
show off  
their SKILLS!